

Employ	ee Name:	Work #:

Health Care Provider – Please check the "UNABLE to perform" column if the employee is not able to meet the functional demands required below. Pictures on the following page offer additional information on typical postures. Please use the comments section on the next page to indicate what the current maximum abilities are for the behaviours the employee is "UNABLE" to perform at present.

Job Title: Pusher Operator

Task Organization:

Job Physical Demands: Operating the Pusher moving rail cars on tracks and through rail car dumping station.

Schedule: Works 7.5 hrs out of an 8hr shift depending on scheduling, max duration in Pusher at one time

is 2 hrs

Equipment: TEREX or CAT Front End Loader with Rail Car Attachment

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Job Demands «Weight/		Max. Weight / Avg. Weight (Kg)	Duration per exposure h=hrs s=secs, m=mins	Frequency	UNABLE to perform	Comments	
	Lifting/Carry	5		R		Fire extinguisher if needed.	
STRENGTH	Push/Pull	5/3	<10s	F/C		Complex small movements of steering wheel or controls and gross movement to open/close cab door	
Ž	Supporting Body Weight		3	0		Getting on/off Pusher via ladders 8 or more times/shift.	
STR	Gripping / Handling		<1m	F		Steering wheel & other controls: repetitive small movements	
	Fine Motor Skills		<1m	F		Complex small movements of steering wheel	
	Sitting		7.5h	С		Constant sitting for duration of work	
	Driving		2.5h	F		Travelling fwd/backward to process rail cars	
>	Standing		<5m	0		During visual inspection.	
III	Walking		20m	0		Walk from machine to lunchroom. May be repeated 2-8X per shift.	
OB	Bending/ Stooping		<30s	R		During visual inspection.	
POSTURE & MOBILITY	Sustained Crouchi Kneeling	ng/		N			
<u>%</u>	Climbing Stairs		5m	R		Go up/down stairs to lunchroom.	
j	Climbing Ladders		2m	0		Go up/down ladders to enter/exit Pusher.	
l So	Crawling			N			
<u> </u>	Balancing			N			
	Throwing			N			
	Overhead Reach		<5s	R		Climbing ladders when ascending/descending	
	Exposure to Eleme	ents	<5m	0		Getting on/off Pusher or during visual inspection	
F	Uneven Surfaces			0		When walking around site.	
NME	Proximity to moving objects			0		When outside of cab, there are other heavy equipment and vehicles operating in area.	
ENVIRONMENT	Vibration (upper extremity)			N			
EN	Vibration (whole body)		7.5h	С		Constant low level vibration when operating Pusher High amplitude impacts when connecting to railcars (frequently when looking to side in rear view mirror).	

Frequency Ratings:

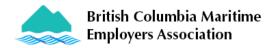
R: Rare Not daily or up to 1% of shift (<5mins/day)

F: Frequent 34%-67% of shift (2.5-5hrs)

N: Never

O: Occasional 1%-33% of shift (up to 2.5hrs)

C: Constant >67% of shift (>5hrs)



Health Care Provider Comme	Stamp:	
Date:	Signature	

Please use the box above to include guidelines or limitations on the functional abilities that the employee is UNABLE to perform in their entirety at present.

Sample pictures of tasks and postures:

















